MHCC Nursing Home Work Group: Questions for Discussion

January 30, 2018

What are the Issues in Long Term Care Planning?

Given the changes, on both the federal and state levels, in long term care and nursing home services, there is a need to update the Nursing Home Chapter of the State Health Plan. Some of these issues include the following:

Nursing homes in the continuum of care:

- How do nursing homes reduce their length of stay and refer residents to appropriate community-based services?
- What is the role of nursing homes and how has it changed over time?
- How have staffing needs changed?
- How can nursing homes partner with hospitals in order to reduce 30-day readmissions?

Focus on quality:

- How can quality measures and standards be specified and applied to ensure the best quality care for Maryland residents?
- How should quality measures be incorporated into CON reviews?
- How can consumer choice be ensured via the MHCC Consumer Guide for Long Term Care Services?

Innovative Design:

- How can nursing homes be encouraged, in both new facilities and renovations, to develop designs that move away from an institutional model of care?
- How can nursing homes incorporate principles of person-centered care?
- How can nursing homes meet medical needs, while offering a homelike environment?
- How can nursing home design be revised consistent with the Facility Guidelines Institute (FGI) Guidelines?

Nursing home need projections:

- How can the nursing home bed need be simplified so that it is easily replicated and updated?
- How can need be updated with fewer adjustment steps?
- How can bed need be tied to jurisdictional occupancy?

American Health Care Association Quality Initiative

The American Health Care Association (AHCA) has worked to quantify goals in quality of care that are aligned with the CMS Quality Assurance/Performance Improvement (QAPI) program, Five Star Ratings and the IMPACT Act.

For Short-Stay (Post-Acute), these include:

- Safely reduce the number of hospital admissions within 30 days during a skilled nursing stay by an additional 15% or achieve and maintain a low rate of 10% by March, 2018.
- Improve discharge back to the community by 10% or achieve and maintain a high rate of at least 70% by March 2018.

For Long-Term and Dementia Care, these include:

- Safely reduce hospitalizations among long-stay residents by 15% or achieve/maintain a low rate of 10% or less by March, 2018.
- Safely reduce the off-label use of antipsychotics in long-stay nursing center residents by 25% by December 2015 and 30% by December 2016. [1]

Are these goals realistic for Maryland nursing homes?

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[1] The Quality Initiative 2015-2018, www.ahcancal.org/quality_improvement/qualityinitiative/Pges/default.aspx/#2